



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Statistics Report 35157, Fish, salmon, red, canned, bones removed (Alaska Native)

Report Date: July 16, 2017 02:58 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water ¹	g	65.82	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Energy	kcal	161	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2007
Energy	kJ	674	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2007
Protein ¹	g	27.31	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Total lipid (fat) ¹	g	5.76	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Ash ¹	g	1.96	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Carbohydrate, by difference	g	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2007
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2006
Sugars, total	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	05/2006
Sucrose	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	05/2006
Glucose (dextrose)	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	05/2006
Fructose	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	05/2006

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Lactose	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	05/2006
Maltose	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	05/2006
Galactose	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	05/2006
Starch	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	05/2006
Minerals													
Calcium, Ca ¹	mg	28	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Iron, Fe ¹	mg	1.90	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Magnesium, Mg ¹	mg	32	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Phosphorus, P ¹	mg	260	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Potassium, K ¹	mg	370	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Sodium, Na ¹	mg	390	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Zinc, Zn ¹	mg	0.66	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Copper, Cu ¹	mg	0.148	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Manganese, Mn 1	mg	0.037	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Selenium, Se 1	µg	40.3	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Vitamins													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2006
Thiamin 1	mg	0.015	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Riboflavin 1	mg	0.206	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Niacin 1	mg	10.100	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Pantothenic acid 1	mg	0.725	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Vitamin B-6 1	mg	0.103	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Folate, total 1	µg	7	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Folic acid	µg	0	1	--	--	--	--	--	--	--	Assumed zero	--	07/2007
Folate, food 1	µg	7	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Folate, DFE	µg	7	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2009
Choline, total ¹	mg	82.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007
Betaine ¹	mg	3.3	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007
Vitamin B-12 ¹	µg	4.91	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	05/2006
Vitamin A, RAE	µg	65	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2009
Retinol	µg	65	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
Carotene, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2006
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2006
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2006
Vitamin A, IU	IU	216	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2009
Lycopene	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2006
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2006
Vitamin E (alpha-tocopherol) ¹	mg	0.61	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	05/2006

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Tocopherol, beta ¹	mg	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Tocopherol, gamma ¹	mg	0.03	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Tocopherol, delta ¹	mg	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Vitamin K (phylloquinone) ¹	µg	0.0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Lipids													
Fatty acids, total saturated	g	0.920	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2006
8:0 ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
10:0 ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
12:0 ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
14:0 ¹	g	0.170	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
15:0 ¹	g	0.030	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
16:0 1	g	0.590	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
17:0 1	g	0.020	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
18:0 1	g	0.110	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
20:0 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
22:0 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
24:0 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Fatty acids, total monounsaturated	g	2.290	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2006
14:1 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
15:1 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
16:1 undifferentiated 1	g	0.150	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
17:1 ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
18:1 undifferentiated ¹	g	0.660	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
20:1 ¹	g	0.750	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
22:1 undifferentiated ¹	g	0.690	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
24:1 c ¹	g	0.040	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Fatty acids, total polyunsaturated	g	1.610	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2006
18:2 undifferentiated ¹	g	0.080	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
18:3 undifferentiated ¹	g	0.080	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
18:4 ¹	g	0.120	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
20:2 n-6 c,c ¹	g	0.020	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:3 undifferentiated ¹	g	0.010	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
20:4 undifferentiated ¹	g	0.090	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
20:5 n-3 (EPA) ¹	g	0.330	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
21:5 ¹	g	0.020	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
22:4 ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
22:5 n-3 (DPA) ¹	g	0.110	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
22:6 n-3 (DHA) ¹	g	0.750	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Cholesterol ¹	mg	69	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Amino Acids													
Tryptophan ¹	g	0.350	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Threonine ¹	g	1.250	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Isoleucine 1	g	1.220	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Leucine 1	g	2.040	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Lysine 1	g	2.310	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Methionine 1	g	0.750	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Cystine 1	g	0.200	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Phenylalanine 1	g	1.140	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Tyrosine 1	g	0.940	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Valine 1	g	1.450	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Arginine 1	g	1.640	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Histidine 1	g	0.690	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Alanine ¹	g	1.690	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Aspartic acid ¹	g	2.680	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Glutamic acid ¹	g	3.640	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Glycine ¹	g	1.430	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Proline ¹	g	1.220	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Serine ¹	g	1.040	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2006
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2006
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2006

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 8k, 2004 Beltsville MD